Chichester HERALD

Friday 18th April 2014
YOUR FREE WEEKLY NEWSPAPER

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A high like no other - but would I do it again?
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Museum's mystery bones

>> *Racton Man's 4,000-year-old skeleton to give up his secrets*

Susanne Rod
NEWS@CHICHESTERHERALD.CO.UK

DETAILED SCIENTIFIC ANALYSIS is to be undertaken of a skeleton that could be of national importance found buried in the Chichester area.

Tests will now be carried out on the 4,000-year-old skeleton that was found on farmland in West Sussex 25 years ago.

Experts believe the skeleton, which was found with an ornate dagger, could be from the Copper Age or Early Bronze Age – about 2,200-2,100 BC.

Archaeologist James Kenny, who led the dig near Chichester in the 1980s, said there were then no funds for tests but a £10,000 project would now begin.

He said the bones dated back to the same period as Stonehenge.

The skeleton, named Racton Man after where it was found, is probably male because of its height, Mr Kenny said.

It was found in a crouched or foetal position, referred to by archaeologists as a "crouched inhumation".

Scientific analysis will show the age of the remains, whether the person was a man or woman, where they came from, and whether they had any disease.

"Near Stonehenge, they had the Amesbury Archer which was excavated about 10 years ago," Mr Kenny said.

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The skeleton of Racton Man in the grave where he was found. The skeleton is in The Novium museum's collection

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FIRST INCREDIBLE EDIBLE VERGE IN CHICHESTER *Page 14*

CHICHESTER COLLEGE STUDENTS NOMINATED FOR TWO AWARDS *Page 18*

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Racton Man's 4,000-year-old skeleton to give up his secrets

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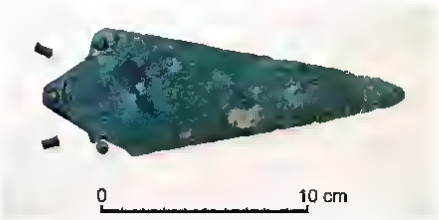

The dagger found buried with Racton Man. Its presence could mean the man was a special person such as a king or that the dagger was used for a ritual such as sacrifices

"They're certain that he was a foreigner and came from elsewhere and we wonder if this is the same".

Tests will also identify whether the dagger blade, which had a bone or horn handle studded with 28 rivets or metal pellets, was copper or bronze, he added.

It could have been used to sacrifice animals and may have had a ceremonial or ritual purpose.

As a prized object, the presence of the dagger in the grave suggests the remains are of a person with status and power – possibly a priest or a king.

Mr Kenny was in his 20s and at the start of his career with Chichester District Council when a local metal detectorist uncovered bone and metal fragments near Westbourne and the local authority's archaeology team was called in.

He led a dig with four other people, but there were no funds for post-excavation research.

"In the 1980s, there wasn't much money and modern scientific techniques available today, like carbon dating, were then quite expensive and certainly beyond the reaches of a small provincial archaeology unit," Mr Kenny said.

He said staff could only record the finds and curate them in a museum.

But 18 months ago, a chance meeting between Mr Kenny and an expert in Bronze Age metalwork led to funds being sought for analysis by experts from University College London and National Museums Scotland.

After tests have been carried out, Racton Man will go on display at the Novium Museum in September.

£30 million Better Roads Programme launches

A NEW £30 million investment to prepare and repair West Sussex's rural and residential roads begins on Tuesday, April 15.

West Sussex County Council is launching its 'Better Roads Programme' – the biggest investment to be made in the county's road network for years.

The programme is a direct response to residents' frustration about the deterioration of the county's smaller roads.

Because of the extreme weather West Sussex has experienced in the past few years, over one fifth of rural and residential roads are now in need of repair.

More than half of the roads in West Sussex are rural and residential.

The worst of these roads have been prioritised by County Council engineers to create the Better Roads Programme.

The conditions of these roads will be improved and returned to the standard they were a few years ago.

The scheme will run for the next two years and focuses on rural and residential roads only.

This investment is above and beyond the £8.5 million the County Council spends each year on maintaining its road network.

Without adequate investment now, annual maintenance costs will rise and the road condition will still get worse, County Council Cabinet Member for Highways and Transport, Peter Montyn, said. "By investing this additional £30 million now, it will make our network more resilient and save us money in the long run.

"Once the two-year cycle has been completed, we calculate it will save over a million pounds a year in maintenance costs."

Residents can search online to see if their road has been included on the Better Roads Programme for 2014/2015.

Visit www.westsussexhighways.org.uk/betterroads and type the name of your road or town into the search bar.

Concern for missing Chichester man

THE PUBLIC have been asked not to approach a man who is wanted back in care after failing to return to his residence.

Police are now appealing for information about missing 43-year old Jason Merriman, who left The Oaklands Centre for Acute Care in Chichester on unescorted leave at 12.45pm on Friday 11 April. He was due back the same afternoon but has so far failed to return.

There are concerns for Jason's welfare as he has mental health problems, and police advise that he is not approached by members of the public. He has links across the south coast including Chichester, Southampton, and Brighton, and he might visit the Isle of Wight.

He is described as white, 6'2", of broad build with short brown hair, and was last seen wearing a dark blue long sleeved sweatshirt, green camouflage trousers and black training shoes with white socks.

Inspector Robert Moore said: "Jason's behaviour may be erratic and irrational due to his mental condition. If there are any sightings of him, please contact Sussex Police via 999 or the non-emergency contact number 101, quoting serial 1056 of 11/04."

Anorak Corner

Interesting snippets of information about Chichester

Chichester, although in terms of local government in England is a civil parish, has the status of a city, and is one of six so designated, the others being Ely, Hereford, Ripon, Truro and Wells

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Tweets of the Week

All tweets are from Chichester people or about the area (Some tweets may contain errors) **Let us know what you think @Chiherald**

@rugeigalloway
Just been chillaxing over a coffee at Fenwicks the great new cafe that has opened in Priory Park #Chichester

@HollyBrandwatch
Starting on the 22nd but in the meantime off to Bosham nr Chichester to take in some nature :)

@RSPB_SouthEast
A third egg has arrived for the Chichester Cathedral peregrines. Laid in the early hours of this morning. pic.twitter.com/rzrQPSIjPM

@GardnerAntiques
Bright & sunny here in Chichester going to see a lovely painting later today will let you know if we get it! Pop in before Easter.

@Sigbot
Some say he's banned from the town of Chichester... #TheSig

@wombatcottage
A lovely prelude to the Easter weekend, bluebells at West Stoke near Chichester pic.twitter.com/jPooMS7XGR

@L2RChichester
Thank you to @ParkTavernChi and @AndysFish for displaying Chichester Cycle Challenge poster Any other Chi biz wanting info do let me know.

@JuliaRKendall
What a gorgeous day to be out on Chichester harbour #sailing #sunshine

@adamobrecht
Adam and I graduated from Chichester High School Aka Dance Party Central

@LordLandshark
Hahahaha @hotfreshprince went to West Wittering and returned completely red. Turns out sun cream is kind of important.

I want to be up with the happy people of Jamaica and Ethiopia

Tommy Boyd

Legendary TV [illegible]

NIGEL FARAGE

Nigel Farage the lad himself is our MEP for Chichester (and the SE of England) and he's holed up the road from us in a natty little barn conversion in a village called Lyminster near Crosshush (you know Crosshush, that elevated roundabout where you can either buzz down left towards Worthing, go right up to Bognor or give up and pull into MacDonalds)

THE LAD HIMSELF

Does anyone else see a similarity between Nigel Farage and Tony Hancock?

REASONS I'M ANTI-EURDPE

I've been pro-European all my life, mainly because ultra-British people scare the bejeesus out of me. Lately I'm changing.

GERMAN JDKE

Two cows in a field one says "Moo" The other one says "I was going to say that"

ANDRE RIEU

If you know the smiling popinjay's work you'll know what would have become of our country if we'd lost the war. Millions of eerie dentists and smiling account managers at rows of trestle tables with an arm round their strudel-weaving Stepford wives smiling through rimless designer specs as smiling musicians play dead songs that are too dire even for Classic FM

ANOTHER GERMAN JDKE

What's the difference between a rabbit and a tyre? They are both made of rubber except the rabbit

PRO-WORLD

I agree with the union leader the late Bob Crow who said "I'm not fixated on Europe. I'm more interested in the whole world". Me I don't care about forming an economic partnership that will enable me and Finland to challenge the Tiger economies of China and Brazil I want to be up with the happy people of Jamaica and Ethiopia.

REASONS I'M PRO EURDPE

I'm pro Europe because as Churchill said when he came up with the idea, it's time to stop European countries fighting each other to the tune of 30 million dead. Anyone who is blockhead enough to think it could never happen again hasn't heard of the Ukraine

DEAD DATES

When I was at school you'd get a situation where a lad who'd been dumped by his girlfriend would ask out a girl who had been dumped by her boyfriend. You worried about who'd be the loser's loser. I worry about the Royals in New Zealand the same way

JUSTICE

Someone once said that peace is not merely the absence of war. It is the presence of justice. This is one of those quarks of intelligence that humbles our instincts. This is why the families of the Hillsborough victims fight on. It's partly why Steven Gerrard, Liverpool's captain refused to leave the club for vast riches when the oil and gas soaked squillionaire clubs tried to buy him. His cousin died at Hillsborough. Now Liverpool are 4 games away from winning the Premiership for the first time since Hillsborough. It's the 25th anniversary of Hillsborough and the month when finally an inquest begins into who was really responsible for the deaths. Walk on you folk, walk on with hope in your hearts!

JDKE

Did you hear what happened after the explosion at the French cheese factory? All that was left was de brie

Contact Tommy: ✉ *tommy.boyd@chichesterherald.co.uk*
Follow Tommy on *@TheTommyBoyd*

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4.J Smith	8.R Sherwell	12.D Towers	16.T Smith

Householders alerted to telephone scammers

FRAUDULENT phone scammers have again been targeting householders in and around Bognor Regis, with more than half a dozen incidents reported in the past two days.

Frequently, the bogus caller claims to be a PC Baker from Paddington Green police station, investigating suspicious use of bank cards at a leading London department store, or may pretend to be a bank official.

The intended victim is asked to disclose personal details or to withdraw money from their bank account which an authorised courier or taxi driver will then collect.

On Tuesday, 8 April a 61-year old local man lost £5,000 to this type of activity.

PC Emma MacSweeney, of the Arun District Neighbourhood Policing Team, said: "Fortunately no one has so far fallen for the most recent attempts, even though it appears the fraudster is trying to take advantage of elderly people who may more easily be confused."

She added: "Under no circumstances would the police arrange collection of bank cards or money from your home address in this manner.

"Never give out your bank details to someone who has telephoned you. If you have any suspicions please do not use the phone you have just been called on to contact the police or your bank.

"If possible, use another phone to contact the police to report it or to contact a friend or relative to alert them. If you are unable to do this, then delay calling back by at least 10 minutes."

Police are also asking taxi firms and drivers to be aware of calls asking them to collect packages and drop them to another location. If you suspect a vulnerable person is subject to a scam, please report it to police as soon as possible.

If you or someone you know have received similar calls or know someone who has been a victim of this type of crime, contact Sussex Police via 101 or email 101@sussex.pnn.police.uk quoting Operation Edisto. You can also call the independent charity Crimestoppers anonymously on 0800 555 111.

Lorry driver arrested after crash forces closure of the A27

A MAN has been arrested after a crash forced the closure of the A27 at Arundel on Tuesday.

A turquoise Vauxhall Corsa, a white Ford Transit and a green DAF lorry collided at about 11.40am between the Ford Road roundabout and the roundabout close to Arundel station.

Long queues built up after the road had to be closed while emergency services worked at the scene.

A 57-year old woman from Littlehampton who was driving the car was taken to Worthing Hospital for treatment for suspected pelvic injuries. At one stage it was feared that she would need to be cut out of her vehicle but this did not prove necessary.

Her distressed puppy was removed safely from the vehicle and given to her family to care for.

A 36-year-old man from the Netherlands who was driving the lorry was arrested on suspicion of causing serious injury by dangerous driving.

He was taken into custody to be questioned with the aide of an interpreter.

PC David Craker said: "I'd like to speak to anyone who saw the crash or any of the vehicles involved being driven in the minutes before the collision.

"If you saw anything at all, no matter how small the detail, please contact us."

If you saw the collision please call 101 quoting serial 520 of 15/4 or email collision.appeal@sussex.pnn.police.uk.

Gold ring found on Selsey beach

POLICE wish to reunite the owner with a gold ring found on a Selsey beach.

The ring was found on East Beach, Selsey, on Sunday 6 April.

If the ring belongs to you or someone you know please contact police on 101 or email 101@sussex.pnn.police.uk quoting serial 1513 9/4.

Phones and keys stolen in Lavant burglary

POLICE are appealing for witnesses to a burglary at a cottage in Mid Lavant, Lavant, between Wednesday 2 April to Tuesday 8 April.

While the owner was away a living room window was broken and two BT landline phone handsets were stolen along with a spare set of keys.

Detective Constable Elaine Keating said: "If anyone has any information regarding this or any similar burglaries please contact Sussex Police."

Any witness or anyone with information is asked to call 101 or email 101@sussex.pnn.police.uk quoting serial 1200 of 8/4. Alternatively, call the independent charity Crimestoppers anonymously on 0800 555 111.

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New partnership for dog warden service

Micro-chipping is vitally important to save both owner and dog from distress

CHICHESTER DISTRICT DOG WARDENS have teamed up with kennels located in Hambrook to provide the out of hours' service for stray dogs from 1 May.

The Dog Wardens will carry out their normal duties between 9am and 5pm Monday to Friday However, any strays found between 5pm and 9pm Monday to Friday or between 9am and 9pm at the weekends, will be dealt with by Amberley Kennels in Hambrook.

Any dogs found during normal working hours will also be placed at Amberley Kennels, until they are reunited with their owner, or a new owner is found.

If someone finds a stray dog they have a legal duty to report it If this occurs out of hours, they must take it to Amberley Kennels in Hambrook, they can hold onto the dog until the Dog Wardens are back on duty; or if they know who the dog belongs to, they can return the dog to its owner

"This is a minor change to the service," says Cllr John Connor, Cabinet Member for the Environment at Chichester District Council "The main difference is that if someone finds a stray dog at night or during the weekend from 1 May, they will have to take any stray dogs to Hambrook rather than Chichester We will shortly no longer have our own kennels and will use the ones at Hambrook instead The phone number remains the same and people should continue to call 01243 785166

"We also want to remind people of the importance of micro-chipping their dog and making sure they have a tag on This can save a lot of distress for both the dog and its owners if the dog goes missing"

County Council's leader goes to the top

WEST Sussex County Council Leader Louise Goldsmith has written to the Secretary of State Eric Pickles urging him to rethink the scrapping of a fund that provides emergency support to people facing short term crises.

This follows the unanimous backing by all Councillors of a Notice of Motion during last week's Full Council that expressed dismay at the Government's decision to withdraw funding from the scheme and recognised the value of the work carried out by the West Sussex Local Assistance Network.

During the debate Louise described the Network as representing "cracking good value for money' and thanked members for their continued support of her lobbying of the Government and MPs

In the letter, Louise invites Mr Pickles to West Sussex to see how well West Sussex has developed the Network and describes the thinking behind the West Sussex scheme

She says "It is a fine example of cost effective preventative early intervention very much in line with the County Council's belief and policy to help people to help themselves and we are happy for our process to be used to help other authorities

Louise adds that she is concerned that without the Network people who have nowhere else to go will be forced towards loan sharks who will charge extortionate rates of interest, which could lead to short term problems escalating to long term troubles

As such, she says: "When the fund is withdrawn we are seriously considering that in West Sussex we will have to continue funding our Local Assistance Network.

For us this represents an unfunded new burden of around £1.24m a year, which means we will have some unpalatable choices ahead of us in deciding where in our budget the £1.24m sum will come from in future years

"We are in West Sussex continually finding more savings and cutting our cost according to our cloth, but finding the additional £1.24 million at a time when resources are stretched within local authorities will be an additional pressure."

Finally, she reminds Mr Pickles of the Government's pledge that it set out during its call for evidence "We recognise that the design, set up and delivery of the new assistance will place an additional burden on local authorities and we are committed to ensuring that this is funded in full by central government.

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Midhurst kebab shop prosecuted over poor hygiene standards

CHICHESTER District Council has successfully prosecuted the owner of a kebab shop in Midhurst for nine offences under food hygiene law

Pleading guilty at Worthing Magistrates' Court, Mustafa Doydu who co-runs Ali's Grill in North Street, was fined for each offence. His brother Mehmed was cautioned by the council for two further offences

Following a routine visit by the council's environmental health officers, the shop was voluntarily closed by Mr Doydu in January 2013 after raw sewage was found in the premises close to the food preparation area

Amongst many other serious matters there was also no working hot water system for washing equipment or hands, mouldy walls and food preparation surfaces in a state of disrepair

The shop was allowed to reopen two days later after the drains were unblocked, hot water was provided and other works requiring immediate attention completed

Ali's Grill in Midhurst showing where raw sewage had come from a blocked drain

Due to these serious breaches of food hygiene law, the council was left with little option but to prosecute

Sentencing Mustafa Doydu, District Judge Crabtree told him these were serious offences and it should have been obvious that the premises were significantly below required safe standards. He said the issues at the shop had posed a real risk to customers

Councillor Eileen Lintill, Cabinet Member for Wellbeing and Community Services at Chichester District Council, says: "This is one of the worst cases of neglect of basic food safety standards that the council has seen. It is fortunate that Environmental Health Officers visited the premises when they did and that immediate action was taken to protect the public.

"The council always tries to offer support and guidance to businesses when carrying out routine inspections, but food businesses in the area should be quite clear that when conditions of this sort are found, the Council will not hesitate to take any steps that are necessary, including closing premises and prosecuting."

Since the offences came light the council has made 13 visits to the shop to make sure that standards have improved and that the safety of the public has been maintained

You can find out the food rating of all food outlets in the Chichester District, including Ali's Grill, on the national Food Hygiene Rating Scheme website at http://ratings.food.gov.uk

Whilst the food preparation work surfaces in a bad state of repair. Photos taken by Chichester District Council's environmental health officers

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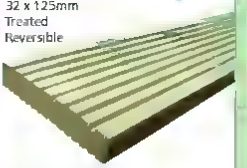

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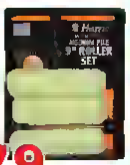

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I am not a qualified telecoms engineer!

Allis Moss

On the Case

Is there anyone out there?

I am in a nightmare without resolution. You know the sort. You're suddenly rescued from the plummeting lift as your alarm begins to beep or the phone starts ringing. Whew, you think, it was just a dream... Until you realise you can't answer the phone because your mouth has been sewn up like Neo in The Matrix. You're in a dream within a dream. And my bad dream had no ringing phone to bring it to an end since the landline and broadband have both been down for eight days. There are no floods and it's not some wild and remote outpost of rural England but Chichester town centre.

All I've been getting is 'white noise'. I should have known that British Telecom would give me nightmares after they delivered my new modem into a recycling dustbin outside a house I hadn't lived in for five years. On hold to a BT call centre I think is in Mumbai, you have to listen to repeated announcements to go to the website to report the fault. But here you are, trying to report that you have no internet. And you might not have any other means of going online. Your next hurdle is having to confirm the fault isn't within the boundaries of your property or you might be liable for call-out fees in excess of £100. How can you guarantee what the fault is not? You're a member of the public, not a qualified telecoms engineer.

Circuitous routes

The engineers who fix our BT phone lines work for BT Open Reach, an entirely separate company whose contractual agreement is with the provider and not us. They are responsible for the exchange, network and cabling. On the eighth day, a pleasant chap called John turned up and told me the fault was due to a broken wire in the street. Soon after he left, the broadband seemed to go down again. I rang BT Open Reach to get him to come straight back without success. Like scary signposts on the edge of a haunted forest, the line brisdes with recorded announcements to encourage you to turn back. Unless it's something hazardous like a wonky telegraph pole, it is unlikely BT Open Reach will talk to you, meaning you'll probably have to go back to your provider, and if that's BT, start over with its call centre again.

There is another

To be fair to BT they aren't the only ones that have left me fuming over faulty phones. Staff from T Mobile's Philippines-based call centre didn't call back as promised, with a previous problem. After a series of repeat calls to them, the issue was finally sorted out by one good person. But a company is only as good as its worst.

Cold calls

I picked up on the first ring. "Are you the home-owner?" barked a cocky voice after the initial tell-tale click.

I was house-sitting for old friends who get more cold calls that you can shake a telephone receiver at. "No," I said, tiredly, 'but they're not interested in any sales calls." "If you're only a friend, I can't accept that. What time are they coming back?" shot back the voice. I have sympathy for people cold calling to earn a living but some are becoming unacceptably bolshie and intrusive. One man I know who subscribes to the Telephone Preference Service to prevent such calls got five in one day, leaving him depressed and fed up. I suppose there are some bonuses to the phone being out of order.

For old times' sake

Once, the phone rang after midnight. It was too late to be a mis-sold PPI call. Instead it was a friend feeling down on her luck. What does it matter if you haven't spoken in a decade, when you can have a good old natter about life, the universe and old friends until 1am – ?

Service with a smile

It usually happens in threes and on cue the laptop suddenly refused to turn on. Luckily, the team at PC World at our Portfield Retail Park in Chichester accepts not everyone is a geek and doesn't patronise those who don't know a smart phone from a pickled gherkin. Kwok on the Know How repair desk clearly loves his job and will help if he possibly can, while Richard from the business section goes the extra mile on his own time. Well done, fellas.

And finally...

It was the end of a frustrating day, and I had just parked up when I spotted it. Just opposite, tantalisingly within reach — an unsuspecting BT Open Reach van. I wonder if I could persuade it to come back and fix my broadband. Or maybe, tomorrow, everything will be working again and I'll find it was all a dream.

Contact Allis: allis.moss@chichesterherald.co.uk

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Photo of the week

#Chichesterphoto

TransitionChichester @TransitionChi

Chichester's first Edible Verge is taking shape in Donnington! Fruit and veg to be planted all over the city! :)

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OPEN GOOD FRIDAY AND EASTER MONDAY

First incredible edible verge in Chichester ...watch this space!

Donnington residents help prepare the land by the Donnington bus stop

IF YOU PASS by the bus shelter on Stockbridge Gardens, you will notice some strange goings on.

The early stages of the first 'Edible Verge' in Chichester are underway and shortly will begin to sprout and flower.

This is a community initiative set up by local environmental group, Transition Chichester. So any neighbours and residents who wish to take part are invited to join at the plot to plant and maintain a 'vegetable/herb garden.

The Edible Verge aims to encourage the productive use of unused public land. A programme of working sessions will be displayed at the plot. Local folk are invited to turn up and give as much or as little time as they wish. Tools, tea and cake provided!

The produce is for the benefit of the community who will be invited to 'Taste me, smell me, eat me and leave some for others'.

Woodhorn Ltd of Oving donate compost and mulch as part of their social policy to support the local volunteer environmental group. This offers a valuable support to Transition's 'Grow Chichester' ever expanding programme.

Clearly this is not only a horticultural but also a social experiment. Similar schemes have been successfully and joyfully rolled out in many parts of Britain to date - check out Incredible Edible Todmorden to see where it all began. There is even a bus route in London where each stop has a veg plot along the route.

The RHS last year introduced their Edible Britain scheme offering free seeds to local groups who wish to take their growing out onto community land.

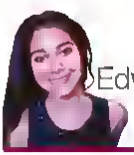
Anita van Rossum of Transition Chichester approached WSCC with this idea in mind. Brian Turbefield of Donnington Horticultural Association is supporting the project with his gardening expertise. Both are committed to the project as an idea whose time has come which is intended to bring the following real benefits:

Transition objectives are to promote local growing to reduce food miles, increase food sustainability, re-skill by teaching how to grow and enhance community connections by bringing folk together through a shared interest and activity.

How will one small plot by the post box in Donnington achieve all this you ask? Well this is just the first step.

In 5 years' time Chichester can be more food resilient and better fed with plentiful Edible Verges in every neighbourhood of our beautiful city. Come and visit our Edible Verge and see it take shape. Plan one in your neighbourhood. Let's get started.

Geek Chic



Mia Edwards

I am endlessly shocked by my year group. Although so many things about us go along with every stereotype out there, new things are always coming into fashion. With the exams coming up soon I assumed that I would be greeted with thousands of pictures of people out and about with captions like 'procrastinating' and 'out should really be revising tho'. But no. Something CRAZY has happened; revision is in. I'm not having a joke.

My friend and I had a mad moment of clarity and went to revise in the library the other morning, but it was FULL. There were people from our year everywhere, sitting with open books and genuinely interested expressions. What's weird is that it wasn't just the hard workers who had come to study, but the ones who would normally rather set fire to themselves than be seen revising. A party has been cancelled because people have said that they need to go home and work. So many people went back to school DURING the holidays. What is happening to the world as we know it?

It's definitely not a bad thing. The spiteful part of me is smirking at all of these people and saying, so now you come crawling back you little insects? All those years us dorks were mocked for any work we did, and now you think you're soooooo edgy by actually putting some effort in. (But don't worry I keep that part private because it's annoying and even by my standards extremely sad).

The only fault I can see in it is that revision sessions are gradually emerging into social occasions. Girls that I know send Snapchats round of the guys they revise with. This seems pretty mundane, but it's actually quite telling of the status-y side of it all. Like, look at us, we're revising because we're mature and organised, but we're also super close so here's a picture of us all to prove it.

But if it's going to boost peoples' grades, then none of that really matters. If it's trendy to do well then that is a good use of popular influence. I predict a return of the geek glasses to go with this new thirst for knowledge, so Specsavers's watch your back.

Beth's crazy idea is a 'musical hit'

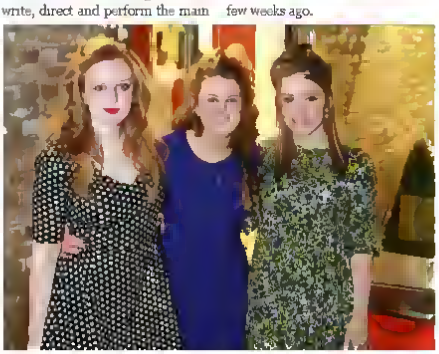
A RED CARPET and floodlit sky heralded the opening night of a new musical based on a moment in history that laid the foundations of the outbreak of World War. 'The Shot Heard 'round The World' is the culmination of the creative efforts of three extremely talented girls. Tickets completely sold out with over 1400 people flocking to see this outstanding show over four performances and a dress rehearsal.

A year ago Beth King, who has family local to Chichester and Wittering, had a crazy idea along with her friends Amy Scott and Lily Williams, one they thought would be impossible to achieve, to write and direct a musical. Fast forward to today, after hundreds of hours of hard work, they find themselves with 12 songs, a 2 hour script, a cast of 27, a fantastic band of 9 very professional musicians and three very proud directors. The musical was performed at Burgess Hill School on the 13, 14 and 15 March 2014.

The Shot Heard 'Round the World follows the life of Gavrilo Princip, the young revolutionary who assassinated Archduke Franz Ferdinand the event commonly believed to be the trigger to the First World War. It is a story of love, sacrifice and passion. The girls aim, controversially, to tell the story from his perspective and explore an angle of the Great War that has not been explored before. As 2014 marks 100 years since the start of the First World War, it is a particularly appropriate time to showcase the musical and commemorate the anniversary.

The outstanding success of this show reflects the immense talent, energy and enthusiasm of everyone involved. Lily, Beth and Amy said: "We must say a massive thank you to everyone who has helped us from Burgess Hill School for Girls. They have believed in us enough to let us write, direct and perform the main school production and we can't express how moving that is. The school has shaped all of us as people and has given us so much support over the years!"

Attended by VIPs from the world of theatre and entertainment, local press and a representative from the Royal British Legion, The Shot Heard 'round The World was the first production in the new Croft II Performance, Drama and Music complex at the school, and provided a fitting launch event for the enhanced facilities completed just a few weeks ago.



Beth King, Amy Scott and Lily Williams staged their own musical

CAT AND RABBIT RESCUE CENTRE

Third chance at a home needed

Many of the cats we rehome from The Centre will behave differently in a home than to how they were in a pen. Often it can be for the better, cats that may have been nervous often will adapt well in a home and gain more confidence. Also cats that can be a little naughty in a pen will be happy and more relaxed in a home meaning they lose these behaviours. We never exactly know how a cat will behave in a home until it's in that situation. We can only guide prospective adoptees to the best of our knowledge of the cats in our care.

Yvonne is a beautiful long haired 5 year old female tabby. She is one of the friendliest cats we have at The Centre, she loves to sit on laps and will even lick you. Unfortunately Yvonne has been returned back to us twice now with both her owners telling us that she spends too much time outside. It's hard to believe when you meet her because she is just so affectionate and loves to be around people. We are really desperate to find Yvonne a nice home where she can settle down and not be moved about anymore. She is looking for an understanding home where she can go outside as much as she wants.

Hundreds of cats and kittens are waiting for homes now. The Rescue asks for a minimum donation of £60 for each neutered cat or kitten which includes vaccination, flea and worm preventative treatment, microchipping and Free PetPlan vet insurance for 4 weeks.

Homing by appointment 7 days a week.

Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.carc.co.uk. Tel: 01243 641409

Celebrate lottery anniversary and help St Wilfrid's Hospice!

ST WILFRID'S HOSPICE is pleased to be celebrating the second anniversary of its partnership with the Local Hospice Lottery which has proven to be a real winner across the community!

The lottery provides a fun and affordable way to support St Wilfrid's Hospice and there are some excellent prizes for lucky winners.

Each entry to the weekly draw costs just £1 and each week more than 100 prizes are won.

St Wilfrids' players have been on a lucky streak with 21 large prizes won to date, in addition to the many £10 prizes that have been won:

- One rollover prize of £2,000
- Six first prizes of £1,500
- One rollover prize of £800
- 13 third prizes of £100

The Hospice's Individuals Giving Manager, Michelle Sidney said: "Most importantly, the scheme has brought in valuable extra funding for St Wilfrid's. So far, we have received profits of £55,000 and we hope that we will see an increase in player numbers this year.

"If you fancy a flutter then look out for our friendly canvassing team who call door to-door, and are sometimes placed at busy locations such as supermarkets, offering local people the chance to play. Nick Hodge, Alan Vawdrey and Stephen Hastings work throughout our catchment area, South of the Downs from Arundel to Emsworth, and are equipped with a uniform, identification badge and a cheery smile!"

And as well as promoting the lottery scheme across the area, canvasser, Nick Hodge, is always looking out to see where he can do a good deed.

"It's silly little things like a wheely bin that's blown over near a car. I'll pick it up just because I would hope someone would do it for me," says Nick. "People often leave keys in the front door so I give them a loud knock on the door and let them know - it's about taking the time to do those things.

"I always try to keep a smile on my face. Being a canvasser is worthwhile - especially knowing that what we are doing has become tangible - we now know the figures from the first year and that makes a big difference. Fancy playing?"

The draw takes place every Friday, with a top weekly prize of £1,500, a second prize of £400, a third prize of £100 and 100 prizes of £10 each.

It's so easy to play - you can pay by Standing Order on a regular basis or by cheque, credit or debit card. Plus, you needn't worry about checking your lottery numbers as winning cheques are automatically sent to you.

To enter, you can visit one of the Hospice shops, visit the Local Hospice Lottery website (www.localhospicelottery.org) or call Individuals Fundraising Manager, Michelle Sidney, on 01243 755837.

Nick Hodge could help you be a lottery winner

graylingwell heritage

COMMUNITY LAUNCH EVENT - SATURDAY 26th APRIL 2014 - 11-3pm

The Guildhall, Priory Park, Chichester PO19 1NC

~ You are warmly invited to attend the community launch event of the Heritage Lottery funded Graylingwell Heritage Project as we kick-start the project within the community. ~

National News

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News in Brief

• Starbucks is to move its European head office from Amsterdam to London by the end of the year, following a row over corporate tax avoidance. "This move will mean we pay more tax in the UK," the company said. The relocation will concentrate a "modest number of senior executives' in its London operation.

• A new Banksy artwork that was removed from a building within hours of being found could be sold at auction by the youth club leader who took it. Dennis Stancombe said he hoped to raise £100,000 for the struggling Broad Plain Boys' Club in Bristol.

• Andy Coulson has revealed for the first time that he did listen to private voicemail messages relating to former home secretary David Blunkett. The ex-News of the World editor said that when he did so in August 2004 it was "the first and the only time voicemail messages were played to me".

• A man has received "substantial compensation" after police wrongly sent his photograph to the media with a press release about a convicted rapist. A photo of Daniel Rodriguez Lay, 33, was shown on TV and in newspaper reports after it was mistakenly issued by Thames Valley Police in October. He received an apology from the force and settled his claim out of court for an undisclosed amount of compensation.

• Part of the wine collection amassed by Sir Alex Ferguson during his Manchester United reign could fetch more than £3m, an auction house says. The collection includes vintages dating from 1986, when Sir Alex was appointed at Old Trafford, up to 2011.Sir Alex said that collecting wine had served as a "distraction" which had given him balance in his life.The wines will be sold by auctioneers Christie's in Honk Kong, London and online in May and June.

After six years, wages catch up with inflation

AFTER nearly six years of falling real wages, weekly earnings have finally caught up with inflation.

Weekly wages, including bonuses, rose by 1.7% in the year to February, up from 1.4% in January, according to the Office for National Statistics (ONS).

Consumer Prices Index (CPI) inflation stood at 1.7% in February and fell to 1.0% in March.

It is the first time that earnings have matched inflation for six years, apart from two months in 2010.

Earnings move above cost-of-living increases. That headline will dominate much of the debate around these labour market figures.

The inflation rate of 1.6% covers the year to March, while the 1.7% rise in average earnings including bonuses is the annual rate recorded between December and February. But the broad trend is clear.

The squeeze on workers' living standards which has persisted more or less continuously since 2008 is technically over.

That being said, on one estimate, real wages have declined 10% over that period and it may be a while before the lost ground is clawed back.

The drop in the unemployment rate to 6.9% is noteworthy, though less important to the Bank of England since it amended its forward guidance policy on interest rates.

It is worth noting that of the 230,000 increase in those in work over the quarter, 146,000 was self-employment. The debate over how many of the self-employed are there only because they have lost jobs elsewhere will continue.

However, when bonus payments are excluded from the figures, wages rose by 1.4%, still below the rate of inflation.

The latest figures for wages measure the three months to February. At that time CPI was at 1.7%.

Other statistics from the ONS show how inflation has eroded the value of pay over the last six years.

While earnings rose by 8.6% since July 2008, prices rose by 16.9%.

Although the figures suggest that people's purchasing power is now improving, it will be several years yet before real wages are back to the level they were before the financial crisis.

The Office for Budget Responsibility (OBR) has estimated that real incomes will not return to their 2009-10 levels until 2018 at the earliest.

And since the start of the financial crisis, real pay has fallen by a "colossal" 10%, according to Capital Economics.

That is said to be the biggest fall in any five-year period since the 1920s.

However, the government has said that all but the top 10% of earners are already seeing their incomes rise, once tax cuts are taken into consideration.

The latest figures for average wage rises also conceal a marked divide between workers in the public and private sectors.

Those in the private sector are now enjoying average annual rises of 2%, including bonuses.

By contrast, those in the public sector are only seeing rises of 0.9%.

The figures also exclude the estimated 4m workers – around 15% of the total – in the UK who are self-employed.

Prison officer attacks rise

THE NUMBER of serious attacks on prison officers by inmates increased by 45% in two years, figures released by Labour have revealed.

In 2012, a total of 543 assaults on prison officers were referred to the police – up from 374 in 2010.

Shadow justice secretary Sadiq Khan blamed the government for making cuts, saying prisons were in "crisis".

Prisons Minister Jeremy Wright said the National Offender Management Service was reviewing its practises.

Mr Khan, who was given the figures in response to a written Parliamentary question, said the government could not expect to rehabilitate criminals if prisons were "dens of violence".

"On their watch, this government have presided over prisons becoming more and more overcrowded and violent.

"We've seen call outs by the prison riot squad up sharply, and last year saw the highest number of deaths in custody for over a decade," he said.

Mr Khan said prisoners were spending "too much time idling away in their cells or on landings instead of undertaking meaningful activity like work, education or training".

Food banks see 'shocking' rise in number of users

A FOOD BANK charity says it has handed out 913,000 food parcels in the last year, up from 347,000 the year before.

The Trussell Trust said a third were given to repeat visitors but that there was a "shocking" 51% rise in clients to established food banks. It said benefit payment delays were the main cause.

In a letter to ministers, more than 500 clergy say the increase is "terrible".

The government said there was no evidence of a link between welfare reforms and the use of food banks.

However, the Trussell Trust, the largest food bank provider in the UK, said benefits payments had been a particular problem since welfare changes were introduced just over a year ago.

Some 83% of food banks reported that benefits sanctions – when payments are temporarily stopped – had resulted in more people being referred for emergency food.

And more than 30% of visits were put down to a delay in welfare payments.

The second biggest reason, given by 20% of food bank users, was low income.

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Chichester College students nominated for two national awards

Members of the Xpressyourself team when they visited Google and won £5,000 to invest in their enterprises

XPRESSYOURSELF, Chichester College's student enterprise society, have been shortlisted for two national awards by the National Association of College and University Entrepreneurs (NACUE). The society has been nominated for College Enterprise Society of the Year and the Venture Creation Award at the Annual NACUE Enterprise Society Awards.

These awards recognise the great work being done at the college to support student enterprise. In the 12 months they've been operating the society have already established five companies and an Enterprise Hub within the college. Cee Cee Productions, The Design Collective, First Class Events, Future Minds and The Media Agency are run by 15 students from around the college and help to promote enterprise and employability across the student body. A pay scheme and bonus incentive underpins the scheme, offering valuable work experience with coaching and mentorship opportunities.

The society also has a much anticipated project to build a local playground. The project, run in collaboration with the local housing association, residents' committee and Chichester District Council, will bring together hundreds of students to setup the play area in just 24 hours. The students successfully secured £13,000 of funding through two separate bids to ensure the project's success.

Three finalists were selected for each category from 195 nominations. The winners will be announced at NACUE's annual Society Awards Dinner on April 25th at Westminster Kingsway College in London. The evening event celebrates the enterprise societies, presidents and staff champions who have gone above and beyond to encourage students to lead their own enterprise journey.

Will Bywater, Head of Further Education at NACUE says: "We've been really impressed by the work of Xpressyourself this year. These awards recognise people who have gone above and beyond in promoting student led enterprise and that's exactly what they've done. Everyone involved has been a real pleasure to work with this year and we can't wait to see what 2014/5 will hold."

Growing Wiser at Tawny

Tawny Nurseries

AS YOU get older you will need to write a will, so where do you go? A solicitor.

Tax advice? An accountant. Feeling ill? Only the doctor will do.

To buy plants? A grower.

TAWNY NURSERY is a family business started by Phyllis and Derek Howell in 1977. Adrian and Gloria their children now run the nursery with help from Adrian's daughter, sister in law and niece.

So when we Tawny say family, they mean it!

Derek at 87 still works seven days a week. He says it keeps him young!

The nursery takes its name from the tawny owl seen flying over the land when Derek and Phyllis decided this was the piece of land they wanted. So began the hard but very enjoyable work.

People are always surprised by the amount of plants that are grown at the nursery. The range is vast: bedding plants, thousands of hanging baskets, vegetable plants and the many shrubs and herbaceous plants not to forget the exotics.

Tawny gives each of their many customers a personal service and they are never too busy to give advice – they help you choose the right plants for your garden.

If you have a plant you need naming, Tawny enjoys the challenge.

Most often asked questions include "when shall I plant my summer plants". The best time is the middle of May when all the risk of frost has gone. Also the days are longer now, giving the plants plenty of daylight. You may be tempted to plant them earlier, this usually holds them back so very little is gained from this and many plants can die. Tomato, runner beans, peppers and other tender vegetable plants should not be planted outside before the end of May. If you watch the local parks they plant out in the last two weeks of May ensuring a spectacular display.

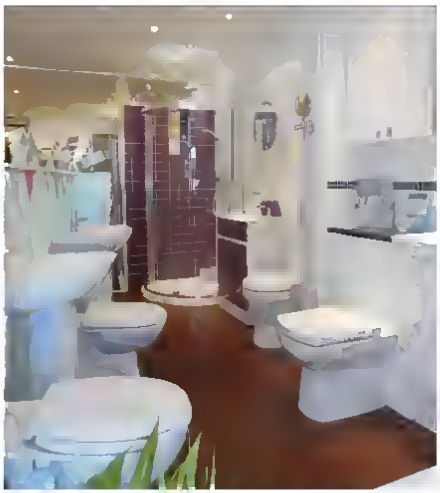
There are several new and exciting additions this year at Tawny; a new range of pots featuring the new RHS series, fabulous silk flowers and an in house florist.

At Tawny Nursery they do not sell books, clothes, toys or even have a restaurant. What they do is concentrate on being the best supplier of plants of all shapes and sizes in all varieties and if it's not in stock we Tawny will endeavour to source it.

In these days of vintage revival visit a nursery just growing plants.

Tawny Nursery, Bell Lane, Chichester, Birdham, West Sussex, PO20 7HY. Tel: 01243 512168

Still shining bright in the sunny seaside town of Bognor Regis



STANDING proud in the Queensway, Bognor Regis after more than 23 years of providing outstanding customer service, the enthusiasm and expertise behind Coastline Bathrooms and Kitchens is what makes them outshine the rest

Established originally as a family run business in 1991 with David & Christopher at the helm, Coastline endeavours to expand and develop into a diverse business offering a much wider range of services in order to meet the changing needs of the community throughout West Sussex. Between them, they share a passion not only for perfection when it comes to turning customer's ideas and dreams into reality but have the combined skills to make it effortlessly achievable

Despite the pressure that small independent companies face through the turbulent financial climate, more recently with what has been termed as a 'double dip recession', Coastline has fought hard to reduce the financial impact on their customers by offering a free tailor made quotation within the home which is focused around the needs of each individual client. For some this may be reliant on a realistic budget for the project from the outset, ensuring no hidden costs or unexpected extras as the Coastline installation progresses. Or simply by supporting local tradesman with the products they need at a more competitive price than some larger counterparts

Maybe it's the DIY enthusiast keen to update their home who needs a helping hand to plan and purchase just the right products to keep them busy at the weekends. For others this may be a more logistical consideration, as a result of a physical impairment or reduction in mobility whereby customers are respectfully supported to make tasteful changes to the home they love in a way that encompasses the necessary adaptions whilst remaining reflective of their tastes and choices.

Coastline Bathrooms & Kitchens continually updates its showroom to ensure it is filled with an eclectic mix of tempting products comprising complete bathroom displays, shower cubicles, fitted furniture, toilets & basins of all shapes and sizes, towel warmers, mirrors and underfloor heating. Alongside the extensive range of bathroom products to suit all tastes, Coastline also displays sophisticated kitchens in high gloss with a new display arriving from the Spring/Summer 2014 range of hand painted shaker style units in soft shabby chic shades to include pale lavender, putty green, soft greys and rich cream

It is refreshing to see that in a battlefield of corporate giants, this small independent underdog is still standing proud in the seaside

town and continues to flourish, with a superb return customers rate average of 80% they must be doing something right! It's no wonder that the men at the helm say: "We value our existing customers and embrace every challenge that comes with new business"

Coastline Bathrooms & Kitchens can be found at:

26 Queensway, Bognor Regis, SussexPO21 2QT Tel: 01243 869960 Email: coastlinebathrooms@btconnect.com Website: www.coastline-interiors.co.uk Facebook: @Coastline Bathrooms & Kitchens Ltd Twitter: @coastlinebognor

Graylingwell Heritage project

THE GRAYLINGWELL HERITAGE PROJECT launches next Saturday, 26 April, with a community event to be held at The Guildhall, Priory Park from 11am to 3pm. The launch is sponsored by Linden Homes, the joint developer of Graylingwell Park and will include community art workshops, research and heritage talks

The project is thanks to a £99,200 grant from the Heritage Lottery Fund and is being organised by the Chichester Community Development Trust in partnership with Pallant House Gallery, University of Chichester and West Sussex Record Office

Running for one year, the project will explore the hidden history of Graylingwell Hospital from 1894 to present and will include a series of community art workshops, with a view to creating a permanent art installation organised by the Pallant House Gallery. There will also be research aspects led by the University of Chichester, West Sussex Record office will be digitising portions from the Graylingwell archive along with recording testimonials from former patients and staff and members of the public and Chichester Community Development Trust will be hosting a variety of events aimed at getting the wider public involved.

Clare de Bathe, trust director at Chichester Community Development Trust, comments: "We're very pleased this exciting project is about to get off the ground, it's a great opportunity for local people to learn more about the history and heritage of Graylingwell Hospital. We're eager for any members of the public who would like to become volunteers to contact us as there are many opportunities to become involved in various workshops and research projects throughout the year."

Natalie Flint, sales and marketing director for Linden Homes, says: "We've taken great care and attention in restoring the former hospital buildings and giving them a new lease of life. We're very proud to be sponsoring the launch of this great project."

For further information on Graylingwell Heritage, visit the website: www.graylingwellheritage.co.uk, email heritage@chichestercdt.org.uk or telephone: 01243 697072.

Arts & Entertainment

Follow us on Twitter
@chiherald

Now showing at Cineworld Chichester

A refreshingly original British thriller

Locke(15)
Running time: 85mins
Director: Steven Knight
Starring: Tom Hardy, Ruth Wilson, Olivia Colman, Andrew Scott, Tom Holland, Bill Milner, Ben Daniels, Danny Webb, Alice Lowe, Silas Carson

★★★★☆

Impressively directed, superbly written and featuring a terrific central performance, this is an intensely gripping and powerfully emotional drama, all of which is pretty remarkable, considering that the entire movie consists of Tom Hardy talking on his phone while driving to Croydon.

What's it all about?
Written and directed by Steven Knight (Hummingbird), Locke stars a Welsh accented Tom Hardy as building foreman Ivan Locke, who gets in his car and begins a 90 minute drive from Birmingham to Croydon the evening before he's meant to be overseeing the biggest concrete pour in Europe. As he drives, he juggles several different work-related phone calls: he calls his dumb-founded boss (Ben Daniels) to tell him he won't be able to be there tomorrow, then he calls his jittery second-in-command (Andrew Scott) to talk him through the various last-minute tasks he needs to do.

At the same time, Locke makes a number of personal calls that shed light on his decision to drive to London: he's heading for a hospital to be there for a panicky middle-aged work colleague (Olivia Colman), who is having his baby after a moment of weakness at a drunken party. He then has to call his wife (Ruth Wilson) and his two sons (Tom Holland and Bill Milner) to explain what's going on and to attempt to save his marriage after his wife reacts to his confession.

The Good
Tom Hardy (wearing chunky knitwear again, for those who like that sort of thing) is terrific as Locke, giving a mesmerising performance as an intensely moral man who's determined to do the right thing. As the film progresses, we understand that Locke has a reputation as an efficient and extremely practical man who gets things done and it's fascinating to watch him try and solve a multitude of problems without even raising his voice; this is also where the Welsh accent comes into its own, as his measured tones and rich speaking voice have an appealingly soothing effect on both the audience and the other characters.

Needless to say, this is Hardy's film through and through, as he's on screen for every second of its 85 minute running time, but there's strong support from Wilson, the ever-excellent Colman and Scott, who adds a note of humour as the panic-stricken second-in-command who admits he might have had a couple of drinks on the job.

The Great
Knight maintains a decent pace, keeping things tightly focussed on the inside of Locke's car, with the occasional glimpse of night-time exterior landscapes through windscreen reflections and so on. In addition, the script exerts a tight emotional grip throughout, ratcheting up the tension to nail-biting levels without ever having to resort to obvious gimmicks like a near-miss on the road, a crash or Locke encountering a stranger in need of help.

Worth seeing?
Locke is a refreshingly original British thriller that exerts a powerfully emotional grip thanks to a superbly written script and a mesmerising central performance from Tom Hardy. Highly recommended.

Membership Open Day at Chichester Golf Club

GOLF can be an intimidating sport and many people are apprehensive about darkening the doors of a golf club unless they are a low handicap golfer. Chichester Golf Club has a completely different approach and prides itself on being informal and friendly. Thousands of people have learnt to play golf at this popular centre with its driving range and excellent team of coaches and many are now members of the Club.

Chichester Golf Club is doing what it does best and is opening its doors for a membership open day on Saturday 26 April between 9 am and 4 pm. If you are new into golf, new into the area or just curious about the Club then this is an ideal time to come and look round. Staff and members will be on hand to talk you through membership options and to explain the many competitions and social events held at the Club. The Club has a wide variety of membership options, to suit every budget and life style. These include the newly launched flex membership which starts at just £275 per annum and very competitive young adult and junior membership packages from as little as £100 for a year. The Club as a consequence has one of the highest number of members in their late teens and 20's of any Club in the area as well as a good cross section of all ages and abilities.

You can register for the open day by going to www.chichestergolf.com. Goodie bags worth £50 will be handed out on the day so it's definitely worth registering and coming along to see for yourself what is so good about the Club.

Sally Haysarth, owner of Chichester Golf Club said "We have been holding open days for many years now and they are a great way of just getting people down the drive! Once they come down the drive, we get a lot of people joining as they are really impressed by the Club. Our problem, like many other golf clubs, is image. We really are a friendly lot and don't stand on ceremony."

For more information on the Open day on 26 April call 01243 536660 or go online to www.chichestergolf.com.

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q. **Which Batman villain did Tom Hardy portray in The Dark Knight Rises?**

A. THE JOKER
B. BANE
C. THE SCARECROW

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 22nd April 2014 at midday. The winner will be notified later on that day. Last weeks winner was Lucy Bullen from Chichester. Chichester Herald competition terms and conditions apply.

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL
0871 200 2000

Transition Chichester's Swap Shop – complete with Easter treats!

THIS POPULAR free exchange event, held four times annually and now in its third year, has become a must on the city's calendar.

And it has proven to be a real crowd pleaser with its happy atmosphere, Fairtrade café with home-made soup, bread and cakes, and its treasure trove of donated good quality items of course – all for free!

The next swap shop is on Saturday, April 19, 10am to 1pm, and they are very pleased to be linking up again with St Paul's church at Northgate.

There will be Easter treats too, with the chance to win an Easter cake, free mini eggs and an egg hunt for children among the swap shop items.

St Paul's is a great venue as the hall there is an attractive, bright space, with doors out onto the lovely grounds if it is a sunny day. St Paul's is an eco church too so very fitting for a Transition partnership.

So, bring along any unwanted items you have – including books, DVDs, garden tools, clothes, toys and baby equipment and home-wares – and pick up any treasure that catch the eye.

"People have now got used to being able to take as much stuff as they like for free which is great," says co-ordinator Sue Gilson. "We are trying to promote the idea of a different sort of economy where the monetary value of something isn't the most important thing, while helping to reuse and recycle and keep things out of landfill."

Any items left at the end will be donated to Stonepillow's Restore project. Transition Chichester are grateful to Stonepillow for their support.

Transition Chichester Swap Shop, St Paul's eco church, Northgate, Chichester. Saturday April 19, 10am to 1pm. All welcome. Sue Gilson is available on sueyilsonhome@aol.com or 07835 917919. Visit www.transitionchichester.org.

EVENT DETAILS
VENUE St Paul's Eco Church Northgate Roundabout Chichester
DATE Saturday 19 April
COST Free
Refreshments available to buy

WOODS
THE COMPLETE TRAVEL SERVICE

READER OFFER

D DAY ANNIVERSARY AIR SHOW
IWM DUXFORD
SUNDAY 25 MAY 2014
£50 Adult/Senior Citizen & £42 Child

The D-Day Anniversary Air Show commemorates the 70th anniversary of this decisive military campaign, demonstrating the vital role that aerial warfare played in the invasion of Normandy.

The air show will feature fighter, bomber and transport aircraft types that would have been seen over the beaches of France, together with thrilling ground content, including a march past by Normandy veterans and serving personnel from the Parachute Regiment. This special D-Day anniversary air show is not to be missed.

Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton & Rustington

01243 868080

Park Road, Bognor Regis, West Sussex, PO21 2PX

What's On in your local area...

• Chichester and District Archaeology Society will be holding their meeting this month with a talk on 'The Salt Industry of Lymington and the New Forest Coast: recent archaeological and historic research' by Frank Green (New Forest National Park Authority) on 23 April 2014 at New Park Centre, New Park Road, Chichester. Members Free, non-members £3. All Welcome.

• TALK: Sussex Family History Group Chichester Wednesday 30 April 2014

"A Moment in Time – What your ancestors were at the time of the various Census: 1801-1911" is the title of the talk by nationally known dress and photograph historian Jayne Shrimpton at Sussex Family History Groups Chichester Centre on Wednesday 30 April 2014. Visitors very welcome, entrance free. Book stall and refreshments available. The talk starts at 7.30pm in St Georges Church Parish Centre, Cleveland Road, Chichester (entrance behind the church). Parking available. More details: 01243 787087 or visit www.sfhg.org.uk

• On Sunday 20 April Chichester Model Engineers are holding their first Steam on Sunday of the summer season at their site in Blackberry Lane, Chichester PO19 2FS between 2.00 and 5.00. Admission & free tickets for train rides with miniature steam or diesel locomotives are only £1 each. The popular 'Drive A Train Yourself' model railway 'Blackberry Junction' will be in a new home and the outdoor 'Garden Railway' will be running some newly built model trains. Light refreshments will be available. For further information please see our website: www.cdsme.co.uk

• Concorde is a social club which provides friendship and companionship for single people. It is not a dating club but any members who form relationships or marry remain members.
It meets every Tuesday at the Walnut Tree Runcton and holds a variety of events throughout the year. New members are very welcome. Anyone who would like more information can visit www.concordesinglesocialclub.org.uk or phone 01243 575083 or 01243 604715.

• CHICHESTER PICKERS (The Chichester Acoustic Music Club) invites all who would like to sing/play their own choice of music and those who would like to enjoy local musicians performing in an intimate and friendly gathering. We have players at varying levels but we are not judgemental.
We meet every second and fourth Thursday in the skittle alley of the Gribble Inn, Gribble Lane, Oving, PO20 2BP.
More details from Andrew@andrewperryplus.com or 01243 776391.

• Chichester Art Society has a series of five workshops in April and May to help you Be A More Creative Artist. They will be tutored by one of the Society's talented members Shân Harnes and are designed to show you various techniques and approaches to enliven your work and take it in new directions. They run from 1.30pm to 4.30pm on Tuesdays April 1st, 8th, 15th, 29th and May 6th at Bassil Shoppam Centre (parking and easy access) and are open to non-members at £30 each or £115 for all five (to include refreshments). For further information and to book a place contact the secretary on 01243 602360 or email joan.campbell@zen.co.uk

• Monthly meetings carried out partially in Welsh, rest in English all levels of Welsh welcome, meetings in members houses- contact Geoffrey on 07968 215 256 or gbthompson@btinternet.com.

• The tenth annual Fishbourne Flat Five will take place on Sunday 1 June. This hugely popular event will as ever be a 5 mile run/walk following the traditional course around the harbour. We will meet at the Fishbourne Centre at 09.45am with the event starting at 10.00am. This event is aimed at competitive runners and first timers as well as individuals or groups who enjoy walking round the harbour.

This year we are delighted to announce that money will be raised for Fishbourne Primary School. They are raising funds to replace the existing old and worn-out staging with a modular staging system which would allow the school to create anything from a flat staged area for a nativity play to a multi tiered stage for a musical performance. It would be absolutely fantastic if we could have lots of local walkers and runners to support this excellent project which will be benefit all the children who attend the school.
Entry forms and further details will shortly be available from the website www.fishbournefiveflat.co.uk or at Fishbourne Primary School, the Fishbourne Centre, Becke Lou and the Westgate Centre or please contact Su Leeming on 01243 774311.

If you would like a non-profit or profit to charity event listed, then send 70 words to events@chichesterherald.co.uk. All listings are subject to change without notice and announced here as supplied and in good faith. Chichester Herald cannot be held responsible for any changes occurring after publication.

Food & Drink

FOLLOW US ON TWITTER
@chiherald

The oldest new four star hotel in the city wins two awards in a week

AT LONG LAST the city of Chichester has its very own 4 star hotel

The Ship Hotel, North Street, Chichester has been awarded a fourth star by The AA after a recent inspection. In the same week the hotel and its beautiful new restaurant Murrays has also won the coveted 'The Place to Eat' award at the Observer Business Awards 2014

The Hotel has received a total transformation over the last twelve months with the refurbishment of all its 30 bedrooms with the colours and decor based around themes from productions at the Chichester Festival Theatre, the opulent private dining, meetings and occasions rooms having also been upgraded, the private cottage Number One Chichester is now open and most recently the hotel's restaurant and bar have been totally rejuvenated with the new name Murrays and the Captains bar.

General Manager, Patrick Burfield said, "We are very pleased to have been awarded our fourth star as we have been working towards this for some time. We are an independently owned hotel and greet around 25,000 residential guests every year who also bring a great deal of revenue to the city. Murrays and the Captains Bar opened in November and has been extremely well received so it is fantastic to win such a great award so soon. I think our customers really love the new warm feel and our design that is so unique for Chichester. Murrays and the Captains Bar are operated by the hotel and are open to everyone not just our residents. Increasingly our private suites are being used for weddings, civil partnerships, meetings occasions and private dining. It was particularly flattering that the AA inspector told me that The Ship Hotel was a hotel that he would be very happy to recommend to his own friends, which is praise indeed."

Don't blame the chef say experts

AS PEOPLE from West Sussex set off on their Easter holidays many travelling across the skies could experience the dreaded custom of airplane food.

Many have asked why the airline grub tastes so bad over the years, but now it seems that the chef isn't to blame.

Instead, according to research, our taste buds are at fault.

Executive chef for the culinary development of Lufthansa's LSG Sky Chef Grant Mickels said: "At 35,000 feet, the first thing that goes is your sense of taste."

The news comes after separate research revealed the sort of noise we are subjected to inside an aircraft affects taste buds, reducing our sense of saltiness and sweetness and increasing crunchiness.

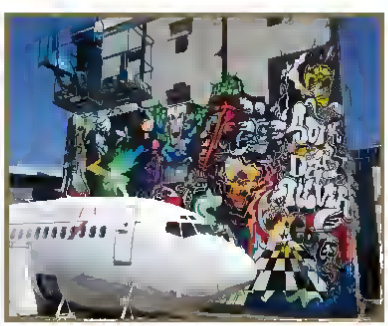
To test the theory, 48 diners were blindfolded and fed sweet foods such as biscuits or salty foods like crisps while listening to silence or noise through headphones at Unilever's laboratories at the University of Manchester.

Background noise led to the foods being rated less salty or sweet. They were also perceived as more crunchy.

Win a meal for 2 at Murrays

M

Murrays



Chichester Herald in partnership with [illegible] fabulous meal for two people [illegible]

The Chichester Herald will be running a competition sponsored by Murrays [illegible] every week where you have a chance to win [illegible]

For your chance to win this week please answer the following question:

Can you guess where this picture was taken within the Chichester area?

For your chance to win this weeks competition email your answer name address and contact number to **news@theshiphotel.net**

North Street Chichester West Sussex PO19 1NH
Tel: +44 (0)1243 778000 Email: enquiries@theshiphotel.net

Entries close on Wednesday 23 April 2014 at midday. The competition is for one winner who wins a 3 course meal for two from the Prix Fixe menu. There is no cash alternative. A winner will be announced by Murrays every Wednesday. Entry details may be kept on file. Last week's answer was: Chichester Graylingwell Hospital.

The Oldest New 4* Hotel in the City

★★★★

COME IN AND JOIN US IN CELEBRATING OUR NEW AA 4* HOTEL RATING AND OUR RECENT WINING OF THE OBSERVER 'PLACE TO EAT' AWARD

BLACKBERRY BELLINI FOR ONLY £5 THROUGHOUT APRIL

THE Ship Hotel

Murrays

North Street, Chichester PO19 1NH 01243 778000

www.theshiphotel.net enquiries@theshiphotel.net www.murrayschichester.com murrays@theshiphotel.net

A high like no other - but would I do it again?

Denise Kelly

Naturopath c
and nerap st

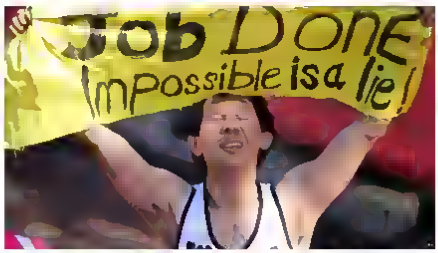
Last Sunday 13 April was a pretty awesome day for many people! The Virgin London Marathon 2014 took place in perfect weather conditions (well, maybe a bit warm, but bearable) and the best crowd support ever recorded. All those who trained for it can now relax, have a glass or two of bubbly, feel extremely proud and put their feet up! Or maybe they are beginning to look for the next challenge?

I have been on a high like no other and it's something that I will be proud to talk about forever discussions about all the grueling training and the food and drink that everyone dreamed of having after the race, to the emotional tales of loved ones who were no longer with us and the people that were raising money in their memory. The running. From tall, short, lean, fat, thin, young, old, dressed up in fancy dress or hardly any clothes on at all. It was an amazing, amusing, hilarious, emotional, painful, agony, crazy roller coaster from start to finish.

I ran into trouble at only mile 11 with a knee injury. I gained from running in the snow two years ago and it was sheer agony after about mile 18. Thanks to the lovely Dean Adams who ran by my side throughout, all my family and friends that came to support, and the amazingly brilliant uplifting crowd, I managed to finish in 5 hrs 40 grueling minutes! Not at all what I had hoped for, as my estimated training time was 4 hrs 30 mins! However, I was in such pain that at that moment in time I was just relieved to have finished at all.

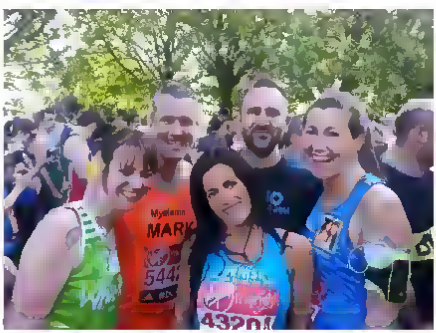
My thoughts and prayers go out to that poor man who collapsed and died shortly after the finish line at just 42 years old. It's so sad that at least every other year there seems to be someone who doesn't make it home. That also proves this kind of event should not be taken lightly. Pounding the flat, concrete pavements of the streets of London for 26.2 miles is a serious challenge for anyone and I take my hat off to anyone who takes part. There were also the incredibly inspiring elite runners that make it look like a walk in the park. They are hardly out of breath afterwards, and barely breaking a sweat, but hey, that's the fun of life right? Everyone's different and the world would be a boring place if we were all the same!

To me, personally it was very symbolic of life. About three miles from the end of the race there were huge signs reading: 'Dig deep'. 'Don't give up'. 'You can do it'. 'Anything's possible'. This is true in every area of life that challenges us. Dig deep and have determination. Anything is possible if you really focus. For two days I couldn't walk properly, I have a blister on my foot the size of a football and I ache in places I have never felt before, but I wouldn't change the experience for the world.



It was one of the most amazing physical activities I have ever endured and it was the biggest pleasure to be a part of such incredible energy and positivity. Would I do it again? All that training and all that pain. Oh. Yes! No doubt! (Just don't tell my Mum!)

Don't focus on your problems, just focus on your dreams.



L-R Emma Kus, Mark Turner, Denise Kelly, Dean Adams and Eleanor Dudman

When you take part in something that massive it's so inspiring and uplifting. It makes you realise how precious life really is.

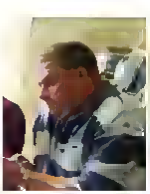
On the start line you can literally feel the excitement, adrenalin and anticipation. Looking on the back of peoples t-shirts and seeing the reasons why many were running is truly remarkable. What I found incredible about the whole experience is the community feeling that surrounds all the runners, from the train journey there, and the sheer will power to do well, and the strength of the human spirit shone through every single person taking part.

There can also be no judgment visually regarding who's fit enough to go fast, and who's not! There were some parts of the race that looked like a war zone, with people on stretchers with oxygen masks on, people with muscle injuries that were obviously in excruciating pain and those who were just exhausted. There were all shapes and sizes.

There is nothing more important than looking after your health to accomplish a thriving and vibrant life.

To get outstanding health and energy Denise does private consultations in three clinics in West Sussex. She also teaches life changing health workshops and seminars for corporate companies and various health organisations all over the world. For more information contact her: www.deniseKelly.co.uk info@deniseKelly.co.uk @DKNutrition 07731671436

New weight loss workshops



THE CHICHESTER WELLBEING team are launching new Wellbeing Weight Loss Workshops to help residents lose weight, get fit and lead a healthier lifestyle.

The workshops involve taking a detailed look at your eating habits and lifestyle to help you lose weight and get back on track during the 12 week programme.

The new workshops start on:

Tuesday 22 April from 7-8.30pm at Westgate Leisure Chichester,
Wednesday 23 April from 1-3pm at Swanfield Community Centre,
Tuesday 29 April from 1-2.30pm at the United Reformed Church in East Wittering,
Thursday, 1 May from 11.00-12.30pm at Selsey Centre,
and Wednesday 14 May from 9.30-10.30am at The Grange in Midhurst.

The workshops run for 12 weeks excluding school holidays.

Malcolm Squires, 40, from Chichester, lost two stones in 12 weeks by doing the workshops. He says: "The workshops have changed my life, I feel great.

"I've tried lots of different diets before including some tablets from my GP, but the workshops are different. It's a total lifestyle change and it's about eating well, eating healthily and exercising. It's a very natural way of losing weight. I've been cutting down on sugar and changing what I'm eating and it really works. I've got more energy and feel really good about myself. I would advise anybody who needs to lose weight to go for it and join."

Councillor Eileen Lintill, Cabinet Member for Wellbeing and Community Services at Chichester District Council, says: "Residents attending these workshops will benefit from professional advice from two fully trained nutritional therapists and a structured plan tailored to their individual goals.

"The emphasis of the workshops is to educate people on food and nutrition. It is not about selling products, meal replacements, shakes or supplements. People who attend are weighed on a weekly basis and weigh-in is done privately and not shared within the group. The aim is for people to increase their energy levels, while also helping them to lose weight."

The workshops cost £2.50 per week. Anyone paying for 10 weeks at the start of the course will get two weeks free.

To sign up or for more information about our other weight loss workshop courses, contact Chichester's Wellbeing Team on 01243 521041 or email info@chichesterwellbeing.org.uk

Pain in the backside?

Upload your IBS Face to IBSFREE.co.uk to help raise awareness

APRIL is IBS Awareness Month and Chichester's Balanced Wellness hope to provide a ray of hope to those suffering in pain and darkness, through their new IBSFree support service.

Operating from their Chichester Wellness Centre, as well as various locations around the UK, Balanced Wellness offer intelligent, natural and practical advice to long term sufferers, many who deal with considerable pain each day and prescribed medicine cannot solve.

Affecting a fifth of the country's population at some point in their lives, Irritable Bowel Syndrome offers its sufferers often debilitating symptoms which can last from two to four days and often flare up after certain foods have been eaten. Due to the embarrassment, pain and discomfort of IBS, many people with the condition also have feelings of depression and anxiety.

The new support service through Chichester's Balanced Wellness offers a proven protocol of help that has already supported hundreds of people whose lives were being seriously affected by IBS.

"We want to show sufferers that there is a solution and that sufferers can become IBS Free" Says Laura Knowles, Balanced Wellness Centre Manager. "Our support service and online help has been produced by the UK's leading Alternative Health experts in IBS some of whom have themselves overcome the debilitating problems caused by IBS symptoms".

The service and IBSFree.co.uk website is dedicated to offering sufferers ways to diagnose, reduce and treat symptoms.

Many people often don't realise they suffer with IBS and live day-to-day with the common symptoms, which include:

- abdominal pain and cramping – relieved by emptying bowels
- a change in bowel habits – such as diarrhoea, constipation, or sometimes both
- bloating and swelling of the abdomen
- excessive wind (flatulence)
- an urgent need to go to the toilet
- a feeling that you need to open your bowels even if you have just been to the toilet
- a feeling you have not fully emptied your bowels
- passing mucus from your bottom

There are three main patterns of bowel symptoms in IBS. They are:

IBS with diarrhoea – when you have repeated bouts of diarrhoea.

IBS with constipation – when you have repeated bouts of constipation.

IBS mixed – when you have repeated bouts of diarrhoea and constipation.

Amelia Rippon, spokesperson for the UK charity, IBS Network commented on the great work Balanced Wellness are undertaking to dismiss the myths and raise the profile of IBS Awareness month "The Balanced Wellness support schedule sounds fantastic and their IBSFree website looks great; we are pleased to support them with these important profile raising activities."

The service is keen to make all sufferers aware that these patterns are changeable. "It is common to go for long periods with few or no symptoms at all" explains Laura. "The important thing that people need to realise is that you can correct, change and stop these symptomatic patterns...so that you no longer have to live in fear about IBS again!"

Eager to raise awareness of IBS, the IBS FREE website currently offers a gallery of IBS faces, that are creating rather an interesting collage. "A picture speaks a thousand words." Explains Laura "so we are in the process of creating a collage of IBS faces. If you have IBS or have discovered relief from IBS, we would like you to upload your IBS face or your IBSfree face to the website. Together we can start to change attitudes and encourage more support to those suffering in silence."

The IBS Support Service is currently offering free consultations and can be contacted through IBSFREE.co.uk. The IBS Support Service is currently offering free consultations and can be contacted through IBSFREE.co.uk or through contacting Laura and the team directly at the Chichester Wellness Centre Tel: 01243 278 511 info@balancedwellness-chichester.co.uk.

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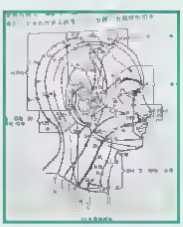

Dr FengWang is an associate of the ATCM (Association of Traditional Chinese Medicine and Acupuncture UK). He has been practising his profession over 18 years and has his own clinic in Chichester town centre.

Dr FengWang has been practising acupuncture and allied holistic therapies in London, Portmouth and Chichester for over 5 years. Prior to this having obtained his degree in Chengdu University of traditional Chinese medicine he had practised acupuncture and medical herbalism in China for 12 years.

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Fashion & Lifestyle

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World's biggest and hottest fashion show heads to the UK

ONE of the world's most hotly anticipated fashion shows is to be held in the UK for the first time it was announced this week.

Models Candice Swanepoel and Adriana Lima were at Victoria's Secret's Bond Street store on Monday to announce that the company's famous fashion show was to be held in London this year!

Wearing a revealing little red dress, Brazilian model Lima, 32, said: "The Victoria's Secret fashion show is the biggest fashion event in the world. We are very proud and honoured to announce that we're headed to London this year."

The show will be staged at Earls Court on December 2.

The two models were joined by Victoria's Secret chief marketing officer Ed Razek, who said that the brand had wanted to show in London since 1998.

Chichester's got style event showcases everything Chichester has to offer in fashion and beauty

CHICHESTER CITY CENTRE PARTNERSHIP is excited to announce the first ever al fresco fashion and beauty show being held in the city on Saturday 26 April between 11.00am and 4.00pm. Supported by Body Style UK, all proceeds of the event are going towards breast and testicular cancer research.

The aim of the showcase is to promote the number of chain stores and independent shops the historic market town has to offer, at the same time as raising money for charity. The Fashion and Beauty spectacle will take place on and around a catwalk located outside the Assembly Rooms in North Street, Chichester and will feature more than 28 participating retailers.

Chichester City Centre Manager, Kim Long, was delighted when approached by Brad Simpson of Body Style UK and participating retailers and comments: "These are exactly the kinds of initiatives we need to see in City centres around the country. I think Mary Portas would be proud! It's about encouraging people into Chichester and reminding them of what's on their doorstep. In Chichester's case, we have a whole host of independent and nationally known shops – something for everyone!"

The showcase's Creative Director Brad Simpson is a Chichester based Image Consultant/Personal stylist, recently awarded a place at the Drapers Next Generation Academy (10 Apr 2014). Keen to organise a local charity event, Brad comments: "I'm so pleased to be spearheading this innovative charity showcase for Chichester BID. Everyone involved has donated their time for free to make this event a huge success. I'm delighted we can use it to help to raise awareness and funds for the Breast and Testicular Cancer charities."

For more information on Chichester's fashion and beauty showcase, visitors should visit www.chichesterbid.co.uk

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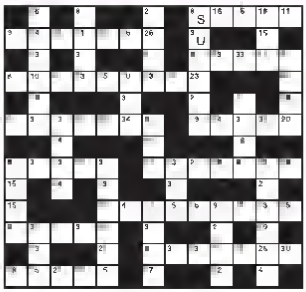
Brain Gym

Crossword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off.



1	14
2	15
3	16
4	17
5	18
6	19
7	20
8	21
9	22
10	23
11	24
12	25
13	26

U

S

Last week's solutions

U	T	D	E	Y	G	F	B	M	N	W	K	V
R	J	O	I	X	A	C	P	H	S	Z	L	O

Words mare

D	R	N
H	G	O
I	W	T

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns but verb forms ending in s are permitted. There is one 9-letter word to be found.

How you rate

15 words - average,
25 words - good,
35 words - very good,
40 or more - excellent.

Last week's solutions.

enmity, etymon, lemony, minty, minty, misty, mosety, mistily, money, mosey, mosty, motley, myselin, nosy, nosey, noisy, nosy, oily, only, oyes, sitty, slimmy, slimy, solemn, sty, stinky, stivey, stye, stys, stymie, timely, tiny, toys, yeti.

Double Crossword

Choose either quick or cryptic clues.

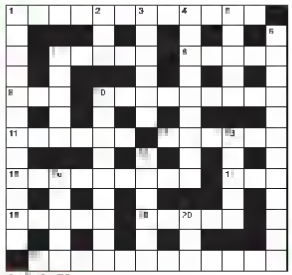
Cryptic Clues:

Across

1 Resolute duo in thwacks, perhaps (5-7)
7 Not the best man in the stable? (5)
8 A belief in sacred office (5)
9 Boat propeller (3)
10 Could you mend a broken skate with it? (9)
11 Is hard - perhaps but may be sober (6)
12 Granting some misplaced ingenuity (8)
15 I'd put in new for a high position in society (8)
17 A politician concerned in current affairs (3)
18 A bonus for an actor (5)
19 Spring edition? (5)
21 They help people grow better (5,7)

Down

1 Smug part here distributed to an off ice girl (12)
2 Also comes to nothing (3)
3 She and men get involved and become engaged! (6)
4 He gets what's coming to him (8)
5 Yet quoted as odds (5)
6 Swiss gardens, for example? (7,5)
7 Blush when attacked by a bull (6)
10 Use face t ban to attract (9)
13 I am a long time getting the likeness (5)
14 Emotion felt when it appears to give you a break? (6)
16 Come in and start this entertainment (5)
20 The whole world finds it illuminating (3)



Quick Clues:

Across

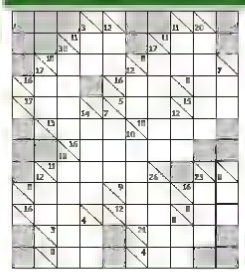
1 Quibbling (12)
7 Hell (5)
8 Vagrant (8)
9 Before (3)
10 Defender (8)
11 Not certain (8)
12 End (6)
15 Distress (6)
17 Prohibition (3)
18 String (5)
19 Bend (5)
21 Unlikely (12)

Down

1 Indispensable condition (12)
2 Wrath (3)
3 Choice (6)
4 Assembly (6)
5 Respond to stimulus (5)
6 Fearful (12)
7 Conjecture (5)
10 Keep in striving (9)
13 Tinge / loopy (5)
14 Athletics implement (6)
16 Pretend (5)
20 Manage (3)

Last week's solutions.
CRYPTIC Across 4 Service 8 Italic 9 Diluted; 10 Little 11 Entrap 12 See green 18 Overmild 20 Relish 21 Opener 22 Inflame 23 Tessera, 24 Temple Down 1 Artless 2 Farted; 3 Tiller 5 Eminence 6 Vaunts 7 Caesar 13 Eponym 14 Garnish; 15 Address; 16 Saunter 17 Sell or 19 Flipped.
QUICK Across 4 Discuss 9 Openly 8 Anyone 10 Clever 11 Appeal 12 Decision 18 Overcast; 20 Revue 21 Spring 22 Quality 23 Dilate 24 Depriate Down 1 Concede 2 Defense 3 Alter; 5 Instance 6 Canopy 7 Sundae 13 Isolated 14 Capital 15 Stagger 16 Refuse, 17 Seller 18 Repair

Kakuro



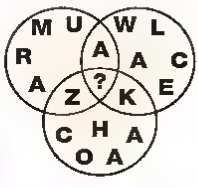
Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions.

Scribble pad

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words, and the letter represented by the question mark?



Last week's solutions.
The letter represented by the question mark is R. New York, Georgia, Arizona, all U.S. states.

Anagramdle

Rearrange the letters in the grid below to make five words that read both across and down. Five letters have been placed to start you off.

		R			
C					
					T
	N				
				E	

A

P	R	O	N	T	
C	O	S	A	R	
E	R	B	O	D	
C	A	T	O	E	
P	E	N	E	R	

B

Last week's solutions
Infer, Naive, Files, Event, Rests

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9.

Last week's solutions

From top to bottom: Simple, Intermediate, Difficult

Simple

6		8		9				2
	2		1	8	6		4	
		9				1		6
3		7	5		2			8
1	5			7				3
8			6		4	7		1
		5		4		9		
	8		3		7		1	4
4								5

Intermediate

	7	1	2			3		
		5		6	3	1	4	9
4								2
6		4		2				
	3		8		1		9	
				9				3
5								7
3	8	9	8			2		
		7			5	4	8	

Difficult

3		5		7			9	
					9			8
	1		4					
					2		7	5
4			8		7			6
1	2		9					
					8		4	
6			7					
	9			6		7		2

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Property

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NYETIMBER **£389,950**

A deceptively spacious detached bungalow situated on a good sized plot in a cul-de-sac within half a mile of shops schools and the beach The property has been extended over the years and offers flexible and spacious accommodation in a peaceful location G F H... Near 32 lounge/dining room separate sitting room (potential third bedroom) conservatory kitchen master bedroom with en suite shower room second bedroom bathroom good size garage and large gardens EPC rating E

ALDWICK **£850,000**

Detached house situated on the beach front of the Aldwick Avenue private marine estate The enviable location allows panoramic sea views from many of the principal rooms and direct access to the beach from the rear garden This well presented property includes g f h u P V C dglazing cloakroom sitting room, morning room dining room-study kitchen/breakfast room utility area, master bedroom with balcony & en suite bathroom 3 further bedrooms second bathroom, double garage courtyard front garden with parking for additional vehicles & s South facing rear garden EPC RATING D

FORD **£795,000**

A detached cottage style house set in approx two acres of ground offering superb sweeping rural views The property has potential for further development if required. Cloakroom entrance hall/study dual aspect living room dining room good size kitchen separate utility room master bedroom with en suite shower room two further bedrooms second shower room detached triple garage with studio/office over heated swimming pool and hot tub 2# timber garden store EPC Rating E

ALDWICK BAY ESTATE **£670,000**

A spacious detached house situated in quiet cul-de-sac of private marine estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation G.F.H. u.P.V.C double glazing fascias & soffits cavity wall insulation, cloakrm, lounge dining rm sitting rm kitchen/breakfast rm, master bedrm with en suite bathrm four further bedrms, second bathrm shower rm balcony integral garage and gardens rebutting a secluded courtyard garden with heated swimming pool EPC rating is D

ALDWICK **£650,000**

A Character house situated on a corner plot The specification of this well presented property includes g f h., dble glazing dual aspect lounge and sep dining room, kitchen/breakfast room with conservatory extension utility room master bedroom with en suite shower room four further bedrooms family bathroom separate w c garage and good size gardens EPC Rating F

ALDWICK **£395,000**

A well presented detached family house situated in a peaceful cul-de-sac approx 400 yards from the beach. Cloakrm light & spacious open plan lounge/dining rm kitchen separate breakfast area (currently a study) four bedrms spacious bathrm a double garage and easily maintained attractive Southerly rear garden EPC Rating D

ALDWICK BAY ESTATE **£270,000**

A very well presented first floor apartment situated in a small development approx. 150 yards from the private marine estate. The apartment has been made the subject of a programme of refurbishment and modernisation and includes g.f.h. u.P.V.C dble glazing, dual aspect living rm with windows to South and West attractive kit/breakfast rm two bedrms fully tiled shower rm garage in nearby compound and use of landscaped communal gardens EPC RATING C

Motors

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Goodwood 72nd members' meeting appears on channel 4

HIGHLIGHTS of Goodwood's 72nd Members' Meeting – the most significant new historic motor racing event of the past 15 years – are to be broadcast on Channel 4 on successive weekends in April.

The pair of 25-minute shows, which have been produced by Aurora Media, will be broadcast in Sunday morning slots during April and will be presented by Amanda Stretton with commentary from Martin Haven.

Episode one was screened on Sunday, April 13 at 0640 and featured action from a thrilling part one of the Gerry Marshall Trophy for Group 1 touring cars – including a stirring fightback from Emanuele Pirro's Gapi – plus the Surtees and Moss Trophies and glorious Group B rally and turbocharged Formula 1 cars plus an interview with Sir Stirling Moss and Lord March.

Episode two will be broadcast on Easter Sunday, April 20 at 0545 and will include action from the world's largest Bugatti-only race, the Grover Williams Trophy – plus the enthralling story of racer-turned saboteur Wilham Grover-Wilhams. Celebrities Chris Evans and James Martin reveal why they adore Goodwood while the low-drag Le Mans demonstration and part two of the Marshal Trophy round out an action-packed show.

The coverage of the Goodwood Road Racing Club's newest event will also be available to download via Channel 4's on-demand service 4OD' for 30 days post-broadcast. To view, visit http://www.channel4.com/programmes/4od.

David Beckham puts his car up for sale on Autotrader

HE IS THE HIGHEST EARNER in British sport, and she a successful fashion designer and former pop star.

And now David and Victoria Beckham have joined the ranks of thousands of thrifty Brits selling their used cars online.

But at £75,000, their two-door, silver 0 Series BMW is a little more luxurious than the average vehicle posted on the website Auto Trader.

With Mrs Beckham's initials on its headrest, the convertible has 8,012 miles on the clock and has a television installed.

Auto Trader editor Jon Quirk said: "Your initials don't have to be VB to purchase this car, but it may be a bonus.

"Ideal for picking up the lads from football practice, there really is no substitute for a vehicle like this."

The Beckhams aren't the first celebrities to list used vehicles online. Katie Price, Wayne Rooney and Rod Stewart have also tried to flog their cars on the website.

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Sport

Football

City thump champions

Saturday 12 April
Sussex County League Division One
Chichester City 3 - R East Preston

CHICHESTER fired out a warning shot to any of next season's County League title aspirants by smashing the newly-crowned champions East Preston 3-0 on Saturday.

Admittedly EP didn't put out their strongest side and had a 16-year old in goal, but nevertheless it was a comprehensive triumph for City.

The turning point came at 25 minutes when there was still no score. Evan Archibald broke through for the champions and managed to continue towards goal despite being fouled by Peter Hibbert. The Chichester players were incensed at the referee's decision to award a penalty, but Ender got down brilliantly to produce a one-handed save and deny Archibald.

And seven minutes later, City were ahead when Perry Northeast let rip with a 30-yard bender that left Ru Buckland toiling.

Chichester then introduced Aran McCarthy who added more bite to their attack, and it was his move on 57 minutes that led to the second goal. A half clearance in the EP penalty area was pushed out to the right where Frazer Smith raced in from nowhere to stab the ball home, evoking memories of that Carlos Alberto goal for Brazil in the 1970 World Cup.

By this time, EP simply weren't 'up for it' and Smith caused danger every time he was within striking distance of the goal. A great chance went begging with 13 minutes remaining when he shot wide with only Buckland to beat.

An unnecessarily huge amount of added time rounded off football at Oaklands Park for another season, and in the 97th minute a long ball to McCarthy gave the substitute an easy finish to make the final score 3-0.

City: Ender, Wilhams, Eyres, Sanashee, Hibbert, Kilner, Groom, Northeast, Cromett, Smith. Subs: McGreal, Taylor, McCarthy.

Ender saves penalty in City win

Football

City crash to island defeat

Sunday 13 April 2014
South West Combinations League
Shanklin 1 - R Chichester City Ladies

WITH THE LEAGUE TITLE now out of their hands Chichester Ladies made the trip to the Isle of Wight to play Shanklin Ladies, taking with them several players from their championship winning reserve side. This was Shanklin's first season in the Combination League having gained promotion last year. They have performed well and achieved a number of good results, especially at home, thus was sure to be another tough test for Chichester.

In contrast to the game the previous week, against Plymouth, the weather had been fantastic all week and the pitch was in excellent condition. In the early stages of the game both teams were working hard on a big pitch to ensure they remained solid when defending and look to find space when in possession. Hollie Wride found herself in the wars during the early exchanges when first a late tackle caused her to land awkwardly hurting her rib followed by a clear elbow inside the box, missed by the referee, resulting in a nose bleed for the Chichester midfielder.

Chichester looked the more dangerous so far, with the game mainly being played in the Shanklin half however they were unable to capitalise on this and struggled to create many clear cut chances. The green army won several corners but couldn't convert these into an effort on target. Their best chances came when Ambler was played one on one with the goalkeeper and coolly placed the ball into the back of the net only for the linesman to raise his flag when she appeared to run from behind the defender. Cheshire then found herself in on goal after an innovative reverse pass from Laws however she was unable to get the ball from under her feet and the chance disappeared. The teams went in level at the break with Chichester looking the more likely to score.

In the early exchanges of the second half the game was mainly being played in the midfield with Chichester looking to get their strikers in on goal and Shanklin defending robustly. The home sides best chance of scoring was coming from set pieces, the number 8 was delivering balls into dangerous areas whenever they won a free kick. The ball was often played over the top of the defence for the on rushing attackers to challenge for. This proved to be the undoing of Chichester as a long ball was played into the box and as McNamara got her fingertips to it the ball fell to a Shanklin striker who volleyed the ball into the net. A goal against the run of play. The green army then threw caution to the wind knowing they had to score, unfortunately an injury to Shrubb meant they played the last 15 minutes with ten players however they still looked likely to score but more often than not the final finish was lacking.

The game finished 1-0 to Shanklin. The ladies will be looking to bounce back from this result when they travel to Exeter on Easter Sunday. KO 14.00.

Sussex County Football League Tables

Division One

	Team	P	PTS
1	EAST PRESTON	35	87
2	EAST GRINSTEAD TOWN	35	73
3	LITTLEHAMPTON TOWN	35	71
4	CROWBOROUGH ATHLETIC	36	67
5	HORSHAM YMCA	34	64
6	HASSOCKS	33	57
7	DORKING WANDERERS	34	52
R	CHICHESTER CITY	36	51
9	PAGHAM	34	48
IR	RINGMER	34	46
11	NEWHAVEN	34	45
12	ST FRANCIS RANGERS	35	45
13	SHOREHAM	34	48
14	LINGFIELD	34	39
15	RUNDEL	33	38
16	SELSEY	35	38
17	HAILSHAM TOWN	34	36
IR	LANCING	35	*35
19	RYE UNITED	38	26
2R	WORTHING UNITED	34	R

* 6 pts deducted due to ineligible player

Division Two

	Team	P	PTS
1	EASTBOURNE UNITED AFC	2R	68
2	BROADBRIDGE HEATH	3R	66
3	LOXWOOD	29	64
4	HAYWARDS HEATH TOWN	30	54
5	LITTLE COMMON	29	52
6	WICK & RARNHAM UNITED	29	46
7	MILE OAK	29	*44
R	BEXHILL UNITED	3R	42
9	STEYNING TOWN	29	37
IR	WESTFIELD	29	*35
11	AFC UCKFIELD	29	35
12	OAKWOOD	2R	34
13	SALTDEAN UNITED	29	29
14	STORRINGTON	3R	26
15	MIDHURST & EASEBOURNE	29	22
16	RUSTINGTON	30	21
17	SEAFORD TOWN	29	17

* 1pt deducted - ineligible player

Division Three

	Team	P	PTS
1	LANGNEY WANDERERS	15	3R
2	FERRING	16	32
3	IFIELD	17	2R
4	ROFFEY	16	27
5	UCKFIELD TOWN	17	27
6	SIDLESHAM	IR	27
7	CLYMPING	IR	22
R	HURSTPIERPOINT	14	19
9	SOUTHWICK	19	17
IR	BILLINGSHURST	IR	14
11	ROTTINGDEAN VILLAGE	IR	14

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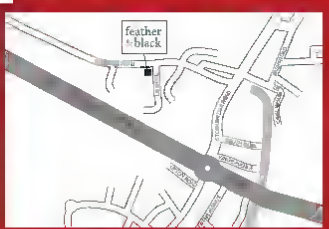
Feather & Black Chichester, Terminus Road, PO19 8ZZ
Tel: 01243 380 636 www.featherandblack.com



*All clearance products are subject to availability and are sold as seen